



Go Lean with Protein Challenge

PROTEIN FOODS DAILY RECOMMENDATION		
Women	19-30 years old	5 ½ ounce equivalents
	31-50 years old	5 ounce equivalents
	51+ years old	5 ounce equivalents
Men	19-30 years old	6 ½ ounce equivalents
	31-50 years old	6 ounce equivalents
	51+ years old	5 ½ ounce equivalents

This challenge encourages employees to practice healthy behaviors by eating the recommended daily amount of healthy protein foods. Participants earn a point for each day they consume the recommended daily amount of protein based on their gender and age. Use the log below to record points earned. Use the handouts provided for serving sizes and to eat more variety and the healthiest options.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Weekly Points
Week 1								
Week 2								
Week 3								
Week 4								